

# BBQ Chicken Lettuce Wrap

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Serves 4-6



Forego the high-calorie hamburger buns with this BBQ chicken recipe! Lettuce leaves give the entree a simple, light, and fresh taste. The chopped cashews bring out the extra crunch in the dish, and the fresh pineapple paired with the BBQ sauce lends an island element.

## Ingredients

- 1 lb. boneless chicken breasts
- 1 tsp. salt
- tsp. pepper
- ½ tsp. garlic power
- ½ tsp. onion powder
- 2 tbsp. olive oil
- ½ red onion
- 1 tbsp. brown sugar
- 1-2 cups chopped pineapple (canned or fresh)
- 2 cloves garlic, minced
- 2-3 tbsp. chopped cashews
- 3 tbsp. BBQ sauce (look for brands with less sugar)
- Lettuce for wrapping: butter lettuce, romaine hearts or any sturdy leaf
- Optional toppings: avocado, cilantro, limes, green onions For Cilantro Dressing
- 1/3 cup greek yogurt
- 1/3 cup fresh cilantro
- 2 tbsp. milk
- 1 tbsp. fresh lime juice
- ½ tsp. olive oil
- ¼ tsp. salt
- ¼ tsp. pepper



## Directions

### 1. Prepare the ingredients

- Finely dice red onion
- Chop cashews
- Wash and dry lettuce
- Cut and prepare toppings
- Cut uncooked chicken into 1-inch pieces

### 2. Make dressing

- Blend all of the dressing ingredients in a blender or food processor.
- Once combined, allow to cool and thicken in fridge while preparing the meal.

### 3. Cook chicken

- Season chicken with salt, pepper, garlic powder and onion powder.
- In a large frying pan, heat olive oil, then add seasoned chicken and cook until there is no pink.
- Remove chicken from pan.

### 4. Create Coating

- In the same pan, add the red onion and brown sugar to cook and caramelize the onions.
- Once the onions are soft, add in pineapple and garlic until all are golden and warm.
- Add in cashews and BBQ sauce.
- Cook until well incorporated.

### 5. Combine

- Add the chicken back into the pan with the coating mixture.
- Heat and stir.
- Set aside to slightly cool before adding to lettuce to prevent wilting.

### 6. Assemble Wraps

- Take washed and dried lettuce leaves and add a generous helping of chicken mixture to the center.
- Top with dressing and desired vegetable toppings.



## Tasks for Helping Hands:

- Washing and dry lettuce leaves
- Chopping vegetables
- Opening can of pineapple

- Stirring onion mixture on stove

## Authors

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